

# Healthy Aging

Mentally  
Socially  
Financially  
Physically

By: Melanie Turner and Drew Ibarra

# Outline of Discussion

## Mental Fitness

- Exercising body and mind
- Keeping yourself sharp

## Social Fitness

- Meeting new people
- Increasing social wellbeing

## Financial Fitness

- Ensuring healthy financial aging
- How and when to start saving

## Physical Fitness

- Physical Activity and Disease Prevention
- Keeping physically active
- Physical fitness recommendations

# Mental Fitness

- Exercising Body goes hand-in-hand with exercising the Mind
  - Performing physical tasks demand cognitive functioning regardless of task
  - Decline in cognitive functioning can lead to difficulty with routine tasks (climbing stairs) as well as other strenuous tasks (holding a yoga position)



# Mental Fitness

- Keeping yourself Sharp
  - Keep your mind busy by reading, learning a new skill, or research something that interests you
  - Practice mind games as often as possible
    - Such things as Sudoku or Cross-word puzzles

# Mental Fitness

			6	7				1
6	1		5				7	
	4	5						9
5	6	7	9				4	
4	8		7		5		1	2
	2				8	9	5	7
1						8	2	
	5				9		3	4
2				4	6			

# Social Fitness

- Never too late to meet new people...
  - Through friends and family
  - Sports team or league
  - Online
  - Work
  - Bars or pubs
  - Club or organizations
  - Classes (ex: dance, group exercise, or school)
  - Your living situation
  - Fitness Center



# Social Fitness

- Increasing Social wellbeing
  - Pursue traveling
  - Contribute to your community through local volunteer groups
  - Stay in close contact with friends and family...call someone daily

# Financial Fitness

- Ensuring healthy financial aging
  - Save first
  - Manage your debt
  - Invest for the long term
  - Protect your income
  - Never Wait
  - Keep it Simple
  - Hire Professionals

"The Long Run Equity Risk Premium," Jeremy Siegel, CFA Institute Conference Proceedings, July 2004; "Efficient Frontier-The Gospel According to Ibbotson, Part II," William Bernstein, 1999.



# Physical Fitness

- Physical Activity
  - Prevents Diseases such as Diabetes, Obesity, Osteoporosis, CVD, Some Cancers (colon), Osteoarthritis, Falling, Mental Health
  - Inactivity can lead to musculoskeletal injuries and cardiovascular problems
- Keeping you Active
  - Start slowly and gradually progress
  - Choose activities that interest you:
    - Nature lovers-take hikes in a nearby park
    - Cyclist join biking clubs to keep you physically active
  - Join a fitness class
    - Make new friends
    - Consider a workout buddy

# Physical Fitness

Components of Training Program	Frequency (sessions/week)	Intensity	Duration	Activity
Cardio respiratory	3-5 days/week	60-85% HRmax	20-60 min.	Large muscle groups Dynamic activity
Resistance	2-3 days/week	Volitional fatigue (19-20 RPE) Or Stop 2-3 reps before volitional fatigue (16 RPE)	Can vary based on the training you want done, but minimal is 1 set of 3-20 repetitions	8-10 Exercises Include all major muscle groups
Flexibility	Minimal 2-3 day/week Ideal 5-7 days/week	Stretch to tightness at the end of the range of motion but not to pain	15-30 seconds 2-4 x/stretch	Static stretch all major muscle groups

Balady, Gary J., et. al. ACSM's Guidelines for Exercise Testing and Prescription. 6<sup>th</sup> ed. 2000.



# KSC Fitness Centers

- Location: O&C building  
OSB building
- Hours: 5:30am-7:00 pm
- Phone Numbers: O&C 867-7829  
OSB 861-2133



# KSC Fitness Center offers:

- FREE:
  - Group exercise classes
  - Personal Training
  - Fitness Assessments
  - Fun incentive programs
    - Intercenter Run (September 18)
    - Indoor Triathlon

# References

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- <http://www.puzzles.ca/wordsearch/astronomy.html>
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